

## ABSTRACT

An information recording apparatus comprising:

- 5      a recording device capable of recording information into a data area of an information recording medium, by irradiating laser light, in conformity with a predetermined error correction method;
- 10     an optimum-recording-power detecting device for obtaining an optimum recording power of the laser light, by recording test writing data into a data area portion with a length which is equal to or less than an allowable defect length in the predetermined error correction method, within the data area, by using said recording device; and
- 15     a controlling device for controlling said recording device to record the information into the data area with the obtained optimum recording power.